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Abstract of the invention

A tunable laser and laser tuning method, based on the interaction of a spectrally dependent beam distortion and a spatial filter within a laser cavity. One embodiment of this laser is an external cavity semiconductor laser in which broad tunability is obtained by the insertion of an acousto-optic tunable filter (AOTF) into the laser cavity such that the intra-cavity laser beam passes through the AOTF in zeroth order.